



You

Yarrunga Offerings & Updates

October 2023

Welcome to Term 4

Well, we made it! It has felt like a really long year this year. I know I say this every year, but we are really looking forward to our four-week closure at Christmas. Nadine will be in and out of the office over the coming months but we are endeavouring to do her job in her absence (not greatly, mind you!). Connie, our Finance Officer is heading overseas to visit family for the month of November. We wish her happy and safe travels, and PLEASE come back! We need you!

As we wind down for the last few weeks, I can assure you we will not be slowing down. We have a lot happening in the coming weeks. Firstly, to celebrate Seniors Week, we will have a come and try session of Living Longer Living Stronger with Mary Kastes for \$2 on Thursday 19 October at 11am. If you would like to know more about our popular program, please see the office. We will also be holding our annual Members and Volunteers Christmas event on Tuesday 28 November.


On Thursday 30 November, with the support of Latrobe Health, we will be holding an information session on how to live longer at home as you go into your senior years, as well as how to access the My Aged Care system. Please see the office to book into this free session.

We are well underway with our 2024 program planning and the course guide will be out towards the end of November. Due to our staff shortages, we ask you to please let us know early where possible, if you don't plan on returning to your program in 2024. We also ask that you pay your invoices on time once they are received so that we don't have to chase people – our time will be very limited.

Our last day of opening to the public will be Thursday 14 December at 12 noon and we will reopen on Monday 15 January 2024 at 9am. I will take this opportunity now to say enjoy the holiday season, stay safe and we will see you all in 2024.

See you soon!

Sam Blackwell
Manager



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**Health and Wellbeing
Class Deals**

Remember we offer a 15% discount for Yarrunga participants who purchase an additional health/wellbeing term program.

We also have a special \$5 deal available if you would like to come and try out a class to see if you like it. Places are limited – please contact the Centre for details

**THANK
YOU!**



Thank you to Maroondah City Council for its Small Equipment Grant which enabled us to purchase two food processors and a two-tiered trolley for transporting food and goods. This equipment has been purchased and used for the Winter Shelter Community Meals program.

PEOPLE NEWS

Goodbye

Farewell to our Auslan tutor – Shae. Shae taught us the Auslan alphabet, how to fingerspell, numbers, some common phrases and introduced us to many aspects of deaf culture and history.

Welcome

Welcome to our newest tutor Jo who is picking up the Auslan classes. Jo is an amazing teacher and has us all working hard already. Our skills will go ahead in leaps and bounds with Jo's input.

Beryl Chen is running a program on Canva for Small Business Owners. These skills will help our local business owners develop their own marketing and promotional material such as flyers, posters and social media posts.

Carys Blackwell has also joined our team in a casual administration support role. She has been helping out in the office when we are short staffed and will be with us until the end of the year. Say hello if you see her on the desk!

Welcome Back

Welcome back to Nadine who has been recovering from surgery. It's great to have her back on board and returning admin/reception to tip-top shape - we tried, but it was a bit of a dog's breakfast!

EVENTS, ACTIVITIES, PROGRAMS AND NEWS

Annual Book Sale - August

Thanks to everybody who bought books at our book sale. We raised \$80 which will go towards food for the Winter Shelter Community Meals program.

New Deck

No official news yet – but council have been out looking around!



Winter Shelter

We are preparing for Christmas cooking for the Winter Shelter Community Meals program, so we are after some very specific items:

- eggs
- butter
- canned fruit – apples, peaches, pears
- dried apricots
- jars of cherries
- spices – cinnamon, paprika, cumin
- coconut – shredded or desiccated
- nuts – whole unsalted almonds and walnuts
- supermarket vouchers

If you can help out, it would be greatly appreciated – please leave the items with reception.

Krissy and her teams have done a tremendous job this year for the program. Not only have they prepared hundreds of wonderful dishes, but have been amazing in their ability to respond quickly to additional requests. They are an amazing team of women and we are very lucky to have them all on board.

FOGO is here at Yarrunga

Thanks to Sam, FOGO is now available to all community houses in Maroondah. That means all the scraps from our lunches and cooking programs will be recycled for compost rather than going into landfill.

There is a FOGO bin on the bench in the kitchen – all food scraps can go in there but please **NO TEABAGS** and **NO FRUIT STICKERS**. If in doubt about what can go in please ask at reception as council will be monitoring our use of the bins and will take them away if we are using them inappropriately.

2024 Programs

We have applied for funding from ACFE for our 2024 adult learning programs. We hope to hear by November whether our application has been successful.

'Not Forgotten' Challenge

The 'Not Forgotten' Challenge is a fundraising project run by Sharing Hope to raise money for Karen refugees and internally displaced people on the Thai-Burma border to provide essential education and medical support, food and clean water.

Last year they raised \$70,000 which funded essential aid and development projects that provided, for a whole year:

- 1075 children with access to education
- 645 people with access to medical care
- 500 people with food support
- 635 people with access to clean water

This year, Sam and Jen – the Yarrunga Hip Sisters – will put their new hips to good use to help raise funds.

Our challenge: to walk every lunchtime during the month of October (weekdays!). We've made a great start – even walking in the rain!

Our pledge: For every walk we complete we will donate \$1 each

How can you help: Sponsor us with a donation per walk or make a one-off donation – please visit reception to make your pledge.

During our walks, Sam and I have been discovering the beautiful Candlebark Reserve



Yarrunga Retirees - Happy 20th Birthday

The Yarrunga Retirees celebrated their 20th birthday at their October meeting.

It was lovely to hear John Brown talk about the history of the group and the incredible effort that so many people have put in over the years to keep the group vibrant and thriving, and how much the group members support each other, especially during more challenging times.

Big thanks to everyone who has contributed to the group over the past 20 years - holding everything together for that amount of time is an achievement of which to be proud.

Some photos from the Yarrunga Retirees archives!



Nutrition for Older People

Simple nutrition changes can dramatically improve quality of life – even in older adults.

In older age, good nutrition is more important than ever as energy needs decrease but nutrition needs increase.

Maximise your Nutrition

Protein – Protein is especially important because as you get older your ability to synthesise protein may decrease meaning you may need more protein to keep healthy. Protein helps preserve valuable lean tissue (muscle and bone). Higher lean tissue reduces frailty, falls and fractures. The only caution is in those with kidney disease. Choose proteins that are soft and easy to digest – stewed meats or poultry, soft cooked fish, well-cooked legumes, scrambled eggs and good quality protein powders.

Water – Dehydration risk is high among older adults. This may be due to side effects from prescription medications or a reduced sense of thirst. Consume water (ideally), herbal teas, broths or liquid based foods like smoothies and soups.

Antioxidants – antioxidants are like the body's defence team, and help slow down the aging process. They help protect against cataracts, arthritis, cardiovascular disease, cancer and more. Antioxidants are abundant in colourful plant foods. Aim for five servings of vegetables and fruits a day. Choose a variety of colours as different colours often relate to different nutrient compounds, so the more colourful the "rainbow" you're eating, the more nutrients you're getting.



Fats – fats play an important role in inflammation regulation. Reduce or eliminate trans fats which are most commonly found in processed foods. Eat more good quality fats like extra virgin olive oil, avocado, sardines, salmon, chia or hemp seeds or walnuts.



Supplements – many supplements are poorly researched and may be at best a waste of money, and at worst, harmful to your health. Talk to a health care professional for more information, but good considerations are:

- multivitamin (senior's formula with low or no vitamin A)
- probiotics
- fibre
- vitamin D
- omega 3
- protein and creatine
- digestive enzymes
- glucosamine

Common challenges seniors face with eating healthy

- poor appetite
- dentures or weak teeth
- difficult to shop for or prepare food
- energy or mood is low
- many people no longer have an income so good food may be less affordable
- certain generations may carry strong ideas about nutrition

Ways to make good nutrition easier

- prioritise consumption of whole foods to increase nutrition
- focus on soft, well-cooked or pureed/blended foods
- try food supplements such as protein powders, green powders, fibre powders and fish oil
- aim to create balanced meals – a protein source, 2-3 colourful fruits or veggies, a healthy fat and a quality carbohydrate at every meal
- if budget allows, sign up for a grocery or meal delivery service
- choose quick and easy to prepare foods when grocery shopping. You can also select pre-made high quality soups, pre-cut fresh or frozen fruits and vegetables or pre-cooked proteins



Don't forget pleasure – look for ways to increase enjoyment while eating: choose foods that appeal, set the table, eat slowly and savour food and allow small treats occasionally

Source: Nutrition for Seniors: 7 lifestyle strategies to stay strong, healthy and independent longer by Jennifer Broxterman, Precision Nutrition

PROFILE

Krissy Robinson

Krissy Robinson joined the team at Yarrunga in 2022 as our Hospitality tutor. She worked with students with a disability in our Independent Cooking Skills program and also took on running teams for the Winter Shelter Community Meals program.

Krissy has made a tremendous contribution to the Winter Shelter program – the dishes she makes with her teams are always delicious and she is a whizz at responding to the changes needed for the program, and for working out what to do with all the different types of food donations we receive.



Krissy took some time to talk with us:

Can you share a little of your background?

As a child our dad was in the air-force and was posted (with our family) around Australia and to Malaysia. My mum was a fantastic cook and gave me the confidence to cook, create and teach. I've been a youth worker, administrator, volunteers coordinator for large organisations, chef and cooking teacher. My husband, Tim, and I were married in 1997 and have always made hospitality a major part of our marriage.

What inspired your love for food and cooking?

I love to learn and to challenge myself. Cooking had been a fulfilling part of my life as I learn and grow in my skills. The creativity I feel when I cook is exciting for me. The hospitality side of cooking is very important to me ... a good meal isn't about how well I've cooked it but how much those eating it have enjoyed it, how it might make them feel welcomed, included or sometimes make them connect with a food memory or feeling from their past.

What do you enjoy most about providing meals for people experiencing food scarcity?

I enjoy working with the teams of volunteers and providing tasty, vegetable packed meals. Providing for people in need is something I see as an essential element of what makes us a compassionate and caring society.

What do you enjoy most about working with teams of people to help you prepare all the different meals?

Working with the teams is a really big part of why I do this work. In my usual catering and meal prep business I work alone. I am ½ and ½ introvert/extrovert so I equally love working on my own and with others. Working with the teams gives me community, the groups have older individuals who inspire me, have been through many life experiences I'm going through and all of which have interesting lives and bring colour to the group and energy to my life.

What is your most favourite and least favourite thing to eat?

I love crunchy food...toasted nuts, crunchy breadcrumb topper on slow cooked dish, crispy pork belly, Asian soups.

I dislike hot avocado, gnocchi, raw coconut flakes in a muesli.

What would be your advice to people who don't like to cook or don't have time?

- Do what's easy, try and have an hour or two to prep some meals to take the pressure off
- Buy veg for the week and blanch them - broccoli 3min, carrot 6min, beans 5min, etc. Just boil a pot of water, drop one type of veg in at a time. Once the timer goes off take it out of water and add to a bowl of cold water to cool rapidly. Add the next veg and repeat. Refrigerate as individual types or mix for specific meals. Will keep in fridge for 5 days but can freeze for 6 months. This way even if you get a piece of fish or bbq chicken you can have healthy veg with it.
- Another suggestion ... prep a few oven baked (or air fryer) meals for the week ahead. Combine all ingredients in a snap lock bag or bowl. On cooking day, pour onto baking paper lined tray and bake 35-45 min at 180c. Following are a couple of our favourites:

Sausage Delight

8 sausages, 1 tbs oil, 2 tbs balsamic vinegar, 2 tbs worcestershire sauce, 1 tbs honey, 2 tbs corn flour, 2 tsp minced garlic, 2-4 tsp dijon mustard, 1 tsp dried oregano or Italian herbs, salt & pepper, 2 small red onions cut into wedges, 1 red capsicum cut into chunks, 1 green or yellow capsicum cut into chunks, 2 medium zucchini or 2 cups broccoli cut into chunks

Salsa Chicken

Spray oil in a casserole dish or foil tray. Add blanched/frozen veg of choice, lay chicken tenderloins across the veg, top with salsa and cheese. Refrigerate covered till the day you want to eat it. Bake 180 for 35-45 min till chicken is cooked through ... serve with rice or mashed potato.

Krissy's Favourite Christmas Recipes

Dukkha Lamb Backstrap

Dukkha Mix

- ½ cup hazelnuts
- ½ cup almonds
- 4 tbsp white sesame seeds
- ½ cup hulled pistachios
- 2 tbsp fennel seeds
- 2 tsp ground cumin
- 2 tsp ground coriander
- 2 tbs salt
- Ground black pepper

Roast nuts in oven on baking paper 15 min 180 but watch them so they don't burn

Toast the spices in dry frypan till fragrant but not burnt.

Add all the cooled spices, salt, pepper and nuts to a food processor and pulse till they form a coarse texture. Pulse till they are the way you want your dukkha.

Dukkha Lamb Backstrap

- ½ cup oil
- 1 cup dukkha
- 4 lamb backstraps
- 1 pomegranate (seeds)
- ½ cup pomegranate molasses
- mint leaves

Combine oil and dukkha to form a paste. Coat the lamb and marinade for 1 hr

Another option is to oil the lamb and sprinkle the dukkha over the lamb.

Heat a frypan to hot and add the lamb. Be careful not to burn the dukkha. Place pan in oven to finish lamb cooking. Internal temperature should be 65then rest the meat for at least 15 min.

Served whole or sliced with a drizzle of pomegranate molasses, sprinkle with pomegranate fruit and mint leaves.

Krissy's Favourite Christmas Recipes cont.

Maggie Beer's Sparkling Shiraz and Raspberry Jelly

- 750ml Sparkling Shiraz
- 300g sugar
- 8 x 2g gold strength gelatine leaves
- 2 punnets of fresh raspberries
- Brandy cream or clotted cream, to serve

1. Bring the sparkling shiraz to a boil in a non-reactive saucepan, then light a match and touch it to the surface to burn off the alcohol. Turn off the heat and stir in the sugar until dissolved.
2. Meanwhile, soften the gelatine leaves in a small bowl of cold water for 5 minutes. Add the softened gelatine leaves to the wine mixture and stir over a low heat until gelatine is dissolved. Remove from the heat and allow to cool completely.
3. Place the raspberries into your chosen bowl or mould (it should hold about 2 litres) and slowly pour the cooled wine mixture over them so it doesn't froth. The raspberries will rise to the surface, gently press down on the raspberries with a spoon so they absorb enough of the liquid to set throughout the jelly. Refrigerate overnight to set.
4. Serve directly from the bowl or turn out the jelly by dipping the base of the mould into hot water and then inverting it over a waiting plate. Serve with clotted cream.

You could also divide the mixture between individual glasses or ramekins before setting in the fridge



❄️ MERRY ❄️
CHRISTMAS

PHOTOS

Some of the awesome work done by our art students. They are thriving under the guidance of Kaye who is working as a volunteer. We can't thank Kaye enough for all her hard work.

